

Addictions Class Resources
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These resources are not scholarly articles or publications in peer-reviewed periodicals. They are simply some resources that the course instructor provides for students.

Doverspike, W. F. (2007). *How cognitive distortions cause emotional distress.*

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- Doverspike, W. F. (2015, October 25). *How to make amends: A key to emotional freedom*. http://drwilliamdoverspike.com/files/how_to_make_amends.pdf
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This article is available at this link:

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Doverspike, W. F. (2011, June 01). Addictions class resources. <http://drwilliamdoverspike.com/>

Chicago Manual of Style / Kate Turabian

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